

Knowledge @ Noon

“Winner, Winner Chicken Dinner”



Wednesday, May 18, 2016

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

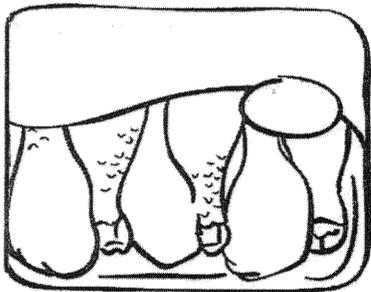
*Instructors: Marais des Cygnes Extension District
Master Food Volunteers*

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Diane Burnett at 913-294-4306.

Chicken

BASICS

BEFORE YOU DIVE INTO OUR FAVORITE CHICKEN RECIPES, REVIEW A FEW BASICS ABOUT MANAGING YOUR BIRD AND TIPS TO ENSURE FOOD SAFETY.

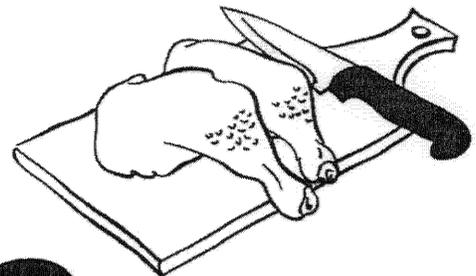


1 Storing CHICKEN

- ⇒ Store raw poultry in its original package in the coldest part of the refrigerator.
- ⇒ Cook poultry pieces within 2 days of purchase.
- ⇒ For longer storage, freeze poultry in its original package at 0°F for up to 2 months.
- ⇒ To freeze longer, wrap original package with foil. (Whole poultry will keep for up to 1 year; cut-up pieces for up to 9 months. Never freeze stuffed poultry.)



A thermometer is the most accurate way to check if chicken is done. You shouldn't determine doneness by the color of the meat or juices. For whole birds, it's important to insert the thermometer into the thickest part of the thigh muscle without touching the bone. Chicken is done at 175°F for thighs and drumsticks, 170°F for bone-in breast halves, and 165°F for boneless breast meat.

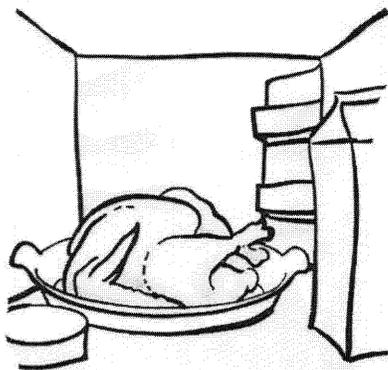


2 Handling CHICKEN

- ⇒ Set aside a cutting board to use exclusively for raw chicken and other meats that will be cooked.
- ⇒ Wash work surfaces and utensils in hot, soapy water before and right after handling chicken to prevent the spread of bacteria.
- ⇒ Never partially cook chicken, refrigerate, and finish cooking later—bacteria may grow.
- ⇒ Discard used marinade.
- ⇒ Serve cooked chicken immediately and refrigerate leftovers within 2 hours.
- ⇒ Rinsing chicken is not necessary. However, you should rinse cavities of whole birds that will be stuffed; pat dry with paper towels.

3

Thawing CHICKEN



➔ *Never thaw* poultry at room temperature. Thaw it in the refrigerator in a dish to catch any drips.

➔ *Allow at least* 9 hours for parts and 24 hours per every 3½ to 4 pounds for whole birds.

➔ *For fast thawing*, you can microwave poultry on the defrost setting; be sure to cook it right away.

➔ *If a whole bird* doesn't fit in the microwave, place it in a resealable plastic bag in a sink full of cold water. Allow 30 minutes per pound, changing water every 30 minutes.

Chicken TIPS & TRICKS

Cut thin to win.

Horizontally halve thicker pieces of chicken, such as oversize chicken breasts, into more manageable and portion-appropriate, uniform sizes. Press down lightly on the top of the piece of chicken as you cut all the way through. Use a kitchen scale to weigh chicken pieces. (Most of our recipes call for 4- to 6-ounce skinless, boneless chicken breast halves.)

Pound to flatten.

To achieve uniform thickness, ideal for cutlets and stuffed chicken breasts, use the flat side of a meat mallet, a rolling pin, or a heavy skillet to flatten chicken breast halves between two pieces of plastic wrap.

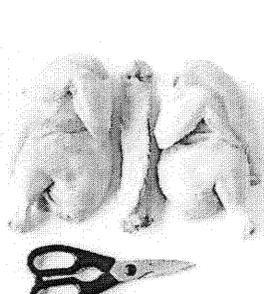
Cutting Up a Whole Chicken

Cutting up a whole chicken is simple and quick. Be sure your knife and shears are very sharp so they can easily handle the task.



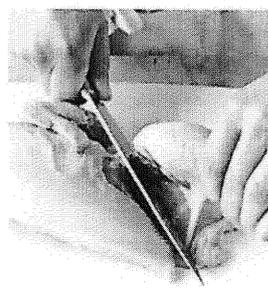
1. MAKE THE FIRST INCISION

Place the whole chicken, breast side up, on a large, clean cutting board. Using a sharp chef's knife, make a deep incision between the two breast halves, putting pressure on the knife to cut through the breastbone.



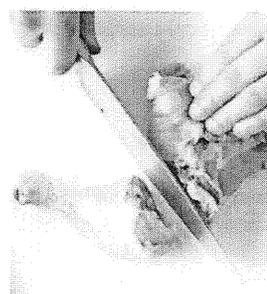
2. CUT IN HALF

Flip chicken over; place breast side down. Using kitchen shears, cut along one side of the backbone, separating chicken into halves. You may need to place additional pressure on the shears as you reach the thigh. Repeat the same cut down the other side of the backbone.



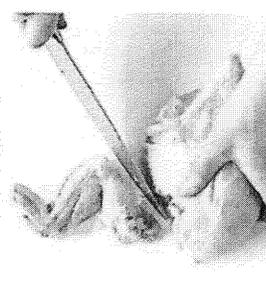
3. SEPARATE THE BREAST AND LEG

Holding on to the end of a drumstick, use the knife to cut through the skin and muscle between the leg and breast. This will expose the thigh joint. Cut firmly through it to separate the breast and leg. Repeat with the other breast and leg.



4. SEPARATE WHOLE LEGS

Place a leg, skin side down, on the cutting board. With your fingers, find the joint in the leg where the drumstick and thigh meet. Use the knife to cut firmly through that joint to separate the drumstick from the thigh. Repeat with the other leg.



5. REMOVE THE WINGS

Bend a wing away from the breast. With the knife, cut through the skin and muscle around the joint that connects the wing to the breast. Cut through that joint to separate the wing from the breast. Repeat with the other wing and breast.

BETTER HOMES AND GARDENS and COOKING LIGHT TIPS FOR CHICKEN

Poach boneless, skinless chicken breast (BSCB) halves, tightly wrapped in plastic wrap, for 20 minutes or until done. Keep on hand for sandwiches or salads during the week.

Many are wary of lighter recipes using BSCB because they are often overcooked. Look for 6 oz size or cut larger ones horizontally into ½ inch cutlets.

Processed chicken soups can add too much sodium. Try using unsalted chicken stock to add flavor without the extra sodium to a homemade soup. Sear your chicken first, quickly, to add flavor and speed up cooking for soup bound chicken. You can also roast chicken on the bone, infuse with herbs, or use a glaze for more flavor. Another soup tip: use breast meat for fast soups while dark meat can cook longer. Remove any skin as it will leave a greasy film.

Use a skillet without a nonstick coating or a Dutch oven to achieve the best sear.

Cook cut lemon slices with a roast chicken dish.

If you are roasting a chicken, cook with the skin on to retain moisture. It will also keep rubs and butters in place while cooking. Another plus is that it helps cook any veggies present and give a nice base for a pan sauce without more fat.

Use a spatula, rather than tongs, to gently turn chicken with breading. Don't crowd.

BSCB have ballooned in size-4 oz just 30 years ago to 7-10 oz now due to advancements in breeding. Look for labels that say "marinated"-that is a code for a 15% saline injection that can plump up meat but dilute flavor.

If you can't find chicken cutlets, halve 2 (8 oz.) breasts horizontally to serve 4.

Stir-frying in a wok produces maximum searing without overcooking. The best ones are made from carbon steel to give a thin wok that is easy to shake and stir.

For an even, golden crust on a chicken breast, don't turn too often in the pan.

BCSB absorb flavors quickly and cook fast. For a marinade, choose bold ingredients and avoid soaking in acidic liquids for too long or it becomes stringy.

For a pan sauce, sear and remove from pan before making the sauce. The juices will redistribute in the meat as it rests and will reheat once it is returned to cook.

When barbecuing chicken, or using another basting sauce, be sure to keep the sauce that is used to baste the chicken separate from a portion that might be used later for a dip. Place the basting brush, spoons or other utensils used on u- or partially cooked poultry in the basting portion only. Also be sure to cook the chicken at least 5 minutes after brushing with sauce and boil any sauce for 1-2 minutes if any juices from an uncooked or partially cooked chicken come in contact with it.

In a slow cooker, generally if a recipe calls for low-heat setting, you may use high heat for half the time.

Select poultry well within the 'sell by' date. Package should be well-sealed and free of tears. Frozen poultry should be frozen solid.

Boneless chicken cuts yield 3-4 servings per pound. Whole and bone-in chicken parts yield 1-2 servings per pound.

To flatten or pound a chicken breast, put a boneless chicken breast between 2 sheets of waxed paper. Start in the center and work out to the edges, pounding with a meat mallet until it is even.

If you are cooking for 1 or 2, you can freeze small amounts of leftover chicken until you have enough for a casserole or other meal.

MARINADES

MARINADES TENDERIZE AND ADD FLAVOR. THE ADDITION OF ACID—WINE, VINEGAR, OR FRUIT JUICE—HELPS BREAK DOWN PROTEIN FIBERS IN THE CHICKEN. THESE RECIPES MAKE ENOUGH TO MARINATE 1 TO 2 POUNDS OF CHICKEN.

1. TOMATO-CHIPOTLE MARINADE

marinate 6 to 8 hours

- 1 cup dry white wine or chicken broth
- ½ cup chopped onion (1 medium)
- ¼ cup chopped oil-packed dried tomatoes
- 1 Tbsp. packed brown sugar
- 1 Tbsp. lime juice or lemon juice
- 1 Tbsp. chopped canned chipotle pepper in adobo sauce
- 2 cloves garlic, minced
- ¼ tsp. salt
- ¼ tsp. ground black pepper

1. In a medium bowl combine wine, onion, dried tomatoes, brown sugar, lime juice, chipotle pepper, garlic, salt, and black pepper.
2. To use, pour marinade over chicken in a resealable plastic bag set in a shallow dish. Seal bag; turn to coat chicken. Marinate in the refrigerator for 6 to 8 hours, turning bag occasionally. Drain chicken, discarding marinade.

2. SWEET CHILI MARINADE

marinate 30 minutes to 3 hours

- ½ cup Asian sweet chili sauce
- ¼ cup rice vinegar
- 1 Tbsp. sliced green onion
- 1 tsp. grated fresh ginger
- ¼ tsp. salt
- ¼ tsp. crushed red pepper

1. In a small bowl stir together chili sauce, vinegar, green onion, ginger, salt, and crushed red pepper.
2. To use, pour marinade over chicken in a resealable plastic bag set in a shallow dish. Seal bag; turn to coat chicken. Marinate in the refrigerator for 30 minutes to 3 hours, turning bag occasionally. Drain chicken, discarding marinade.

3. ORANGE-FENNEL MARINADE

marinate 30 minute to 4 hours

- ⅔ cup orange juice
- ⅓ cup water
- 2 Tbsp. thinly sliced green onion (1)
- 1 Tbsp. snipped fresh sage or ½ tsp. ground sage
- 1 Tbsp. Dijon-style mustard
- 1 tsp. fennel seeds, crushed

1. In a small bowl stir together orange juice, the water, green onion, sage, mustard, and fennel seeds.
2. To use, pour marinade over chicken in a resealable plastic bag set in a shallow dish. Seal bag; turn to coat chicken. Marinate in the refrigerator for 30 minutes to 4 hours, turning bag occasionally. Drain chicken, discarding marinade.

4. JERK MARINADE

marinate 30 minutes to 3 hours

- ¼ cup unsweetened pineapple juice
- 2 Tbsp. olive oil
- 6 cloves garlic, minced
- 1 Tbsp. Jamaican jerk seasoning
- ¼ tsp. salt

1. In a small bowl stir together pineapple juice, oil, garlic, jerk seasoning, and salt.
2. To use, pour marinade over chicken in a resealable plastic bag set in a shallow dish. Seal bag; turn to coat chicken. Marinate in the refrigerator for 30 minutes to 3 hours, turning bag occasionally. Drain chicken, discarding marinade.

5. APPLE-MUSTARD MARINADE

marinate 30 minutes

- 1/2 cup apple juice or apple cider
- 1/4 cup cider vinegar
- 1/4 cup coarse-grain brown mustard
- 2 Tbsp. olive oil
- 1 Tbsp. packed brown sugar
- 4 cloves garlic, minced
- 1 1/2 tsp. soy sauce
- Dash ground black pepper

1. In a small bowl stir together apple juice, vinegar, mustard, oil, brown sugar, garlic, soy sauce, and pepper.
2. To use, pour marinade over chicken in a resealable plastic bag set in a shallow dish. Seal bag; turn to coat chicken. Marinate in the refrigerator for 30 minutes, turning bag occasionally. Drain chicken, reserving marinade for sauce.
3. For sauce, in a small saucepan bring the reserved marinade to boiling; reduce heat. Simmer, uncovered, about 8 minutes or until reduced to 2/3 cup. Serve with grilled or broiled chicken.

6. ALE-CITRUS MARINADE

marinate 30 minutes to 1 hour

- 1/2 cup amber ale or other desired ale
- 1/2 tsp. finely shredded lime peel
- 1/4 cup lime juice
- 2 Tbsp. snipped fresh cilantro
- 1 small fresh jalapeño chile pepper, seeded and finely chopped (see tip, above right)
- 1 clove garlic, minced
- 1/4 tsp. ground cumin
- 1/8 tsp. cayenne pepper

1. In small bowl stir together ale, lime peel, lime juice, cilantro, jalapeño pepper, garlic, cumin, and cayenne pepper.
2. To use, pour marinade over chicken in a resealable plastic bag set in a shallow dish. Seal bag; turn to coat chicken. Marinate in the refrigerator for 30 minutes to 1 hour, turning bag occasionally. Drain chicken, discarding marinade.

Tip: Because chile peppers contain oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

7. SPICE MARINADE

marinate 4 to 24 hours

- 1/4 cup lime juice
- 2 Tbsp. chili powder
- 1 Tbsp. olive oil
- 1 1/2 tsp. ground cumin
- 1 1/2 tsp. ground cinnamon
- 1 clove garlic, minced
- 1/2 tsp. bottled hot pepper sauce
- 1/4 tsp. salt

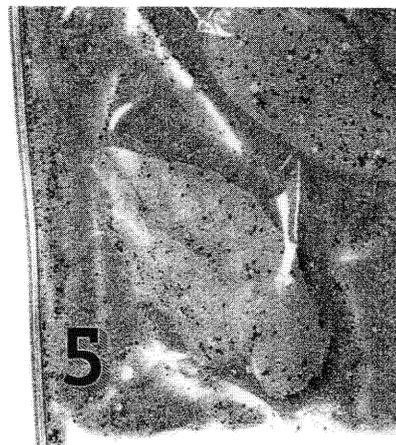
1. In a small bowl stir together lime juice, chili powder, oil, cumin, cinnamon, garlic, hot pepper sauce, and salt.
2. To use, pour marinade over chicken in a resealable plastic bag set in a shallow dish. Seal bag; turn to coat chicken. Marinate in the refrigerator for 4 to 24 hours, turning bag occasionally. Drain chicken, discarding marinade.

8. WINE-SHALLOT MARINADE

marinate 8 to 24 hours

- 1 cup dry white wine
- 1/4 cup chopped onion
- 1/4 cup chopped shallots (2 medium) or green onions (2)
- 1/2 tsp. olive oil or vegetable oil
- 1 bay leaf
- 1/4 tsp. dried basil, crushed
- 1/4 tsp. cracked black pepper
- 1/8 tsp. dried rosemary, crushed

1. In a medium bowl stir together wine, onion, shallots, oil, bay leaf, basil, pepper, and rosemary.
2. To use, pour marinade over chicken in a resealable plastic bag set in a shallow dish. Seal bag; turn to coat chicken. Marinate in the refrigerator for 8 to 24 hours, turning bag occasionally. Drain chicken, discarding marinade.



Chicken Fiesta Salad

4 cups torn iceberg, Boston, or Bibb lettuce
½ cup shredded Monterey Jack cheese with jalapeno peppers (2 ounce)
½ of a 15-ounce black beans, pinto beans, or garbanzo beans, rinsed and drained
1 ½ cups chopped cooked chicken
2 small tomatoes, cut into thin wedges
1 cup jicama, cut into bite-size strips
1 cup shredded carrots
½ cup sliced, pitted ripe olives
¾ cup tortilla chips

Place the lettuce in the bottom of a 2-quart clear salad bowl. Layer ingredients in following order: cheese, beans, chicken, tomatoes, jicama, carrots, olives. Spread chili dressing evenly over salad, sealing to edge of bowl. Cover tightly with plastic wrap. Chill for 4 to 24 hours. To serve, toss lightly to coat evenly and sprinkle with tortilla chips.

Chile Dressing

½ cup mayonnaise or salad dressing
1 (4 ounce) can chopped green chili peppers (do not drain)
1 ½ teaspoons chili powder
1 clove garlic, minced

Stir dressing ingredients together in a small bowl.

Makes 4 main dish servings: 444 calories, 32 gram fat, 460 mg sodium, 17 gram carbohydrates, 5 gram fiber, 26 gram protein.

Recipe adapted from the New Better Homes and Gardens Cook Book

Teriyaki Chicken

3 boneless, skinless chicken breasts, cut into 1 inch cubes	2/3 cup light brown sugar
1 cup teriyaki sauce	2 cloves, minced
1 cup tap water	1/8 teaspoon ground ginger

Place all ingredients in slow cooker in order.

Cook on low for 4--6 hours. Serve over cooked rice.

Recipe from Barbara Wilson, MFV

Buffalo Chicken Sandwiches

4-6 boneless/skinless chicken breasts	1 bottle hot chicken wing sauce*
1 stick butter	Shredded cheese
1 pkg. dry ranch dressing mix	Ranch salad dressing

Put chicken breasts in "lined" crock-pot.

Melt butter in 2 cup Pyrex. Stir in hot wing sauce and dry ranch dressing. Pour over chicken breasts.

Cook on high for 3 hrs. or low for 4-5 hrs. Remove chicken from sauce and shred. Add some of the sauce to the chicken to moisten. Discard remaining sauce. Put shredded chicken on tortillas, buns, bread, or whatever you like, sprinkle with cheese and drizzle with ranch salad dressing.

This hot sauce is on the \$1 isle at PC-near the bread. *Louisiana Supreme X-Hot chicken wing sauce.

Mix-and-Match Baked Chicken Fingers and Dipping Sauces

Makes: 4 servings Prep: 15 min. Bake: 8 mins 400°F

1 egg, lightly beaten
¼ teaspoon salt
¼ teaspoon black pepper
1 Tablespoon vegetable oil
¼ cup sour cream
¼ teaspoon garlic powder
4 medium skinless, boneless
chicken breast halves (1 ¼ to 1 ½ pounds total)

Breading*(see below)

Desired dipping sauces

Preheat oven to 400 degrees F. In a medium bowl whisk together egg, sour cream, salt, garlic powder, and pepper. Cut chicken lengthwise into strips about ¾ inch thick. Add chicken to egg mixture. Stir to combine. Brush a 15x10x1-inch baking pan with oil; set aside. Place desired Breading in a shallow dish. Transfer chicken, a few pieces at a time, to the dish. Roll and press chicken strips to coat all sides with Breading. Arrange chicken in a single layer in prepared pan, leaving space between each piece. Bake for 8 to 10 minutes or until chicken is no longer pink, turning after 5 minutes. Serve with desired Dipping Sauces.

BREADING: Place one of the following in a large re-sealable plastic bag; seal bag, pressing out air. Place bag on a cutting board and, using a rolling pin, crush to make coarse crumbs:

2 cups mini pretzel twists, 4 cups tortilla chips, 2 cups cheddar flavored fish crackers,
3 cups potato chips, 2 cups party snack mix

Pizza Pizzazz

¾ cup pizza sauce
2 Tablespoons finely chopped pitted ripe olives
½ cup Italian blend shredded cheese

In a small microwave-safe bowl, combine pizza sauce, cheese, and olives. Microwave on 100% power (high) for 1 minute. Stir; continue to microwave for 1 minute more, stirring after every 20 seconds, until heated through and cheese melts.

Kids Buffalo Style

½ cup ranch salad dressing
2 Tablespoons finely crumbled blue cheese
3 Tablespoons ketchup

In a small bowl, combine ranch salad dressing, ketchup, and finely crumbled blue cheese.

Cooled-Down Mexican Salsa

½ cup salsa
¼ cup shredded Mexican cheese blend (1 ounce)
¼ cup dairy sour cream

In a small bowl, combine salsa, dairy sour cream, and Mexican cheese blend.

Honey Mustard Sauce

¼ cup mayonnaise or salad dressing
1 tablespoon honey mustard

In a small bowl stir together mayonnaise or salad dressing and honey mustard. Cover and chill until serving time.

Tropical Breeze

1 8 ounce can crushed pineapple, drained
3 tablespoons shredded coconut
¼ cup low-fat banana yogurt
2 tablespoons lime juice

In a small bowl, combine pineapple; banana yogurt; shredded coconut; and lime juice.

Sweet and Sour Apricot

½ cup apricot preserves
1 Tablespoon rice vinegar
2 Tablespoons ketchup
1 Tablespoon soy sauce

In a small bowl, combine apricot preserves (snip any large pieces of fruit),

Cheesy Chicken & Salsa Skillet

2 cups pasta, uncooked
1 lb. Boneless skinless chicken breasts or tenders, cut into bite-size pieces
1-1/4 cups Salsa
1 cup frozen corn
1 large green pepper, cut into short thin strips
1 cup Mexican Style Shredded Four Cheese

Make It

COOK pasta as directed on package I like to use wagon wheel or penne pasta.

MEANWHILE, heat large nonstick skillet sprayed with cooking spray on medium-high heat. Add chicken; cook and stir 2 min. Stir in salsa, corn and peppers. Bring to boil. Simmer on medium-low heat 10 min. or until chicken is done, stirring occasionally.

DRAIN pasta. Add to chicken mixture; mix lightly. Top with cheese. Remove from heat; cover.

Let stand 1 min. or until cheese is melted.

Angel Chicken with Rice

Cook Time: 1-1 ½ hrs. (oven)/4-6 hrs. (crock-pot) Servings: 2-3 "Bake rice and chicken breasts in a delectably rich sauce made of butter, dry Italian salad dressing mix, chicken broth, mushroom soup and cream cheese and chives.

3-4 skinless, boneless chicken breast halves (1 -1 ½ lbs.)
1/4 cup butter
1 (.7 ounce) package dry Italian-style salad dressing mix
1 ½ cup chicken broth or bouillon
1 (10.75 ounce) can cream of mushroom with roasted garlic soup
4 ounces cream cheese
1 TBSP fresh chives (can use dried) rice for 3-4 servings (1 cup dry)

1. Preheat oven to 325 degrees or spray crock-pot with not-stick cooking spray. Measure 1 ½ cups of chicken broth or dissolve 1 Knorr's chicken bouillon cube in 1 ½ cups water in microwave
2. Put dry rice (not instant) on the bottom of the baking dish or crock-pot and pour ¾ cup of chicken broth over the rice.
3. 4 Melt butter in the microwave in a large Pyrex measuring cup. Stir in the package of dressing mix, add the cream cheese and stir until smooth. Blend in ¾ cup chicken broth and mushroom soup, add chives. Heat through, but do not boil. Lay the uncooked chicken pieces on top of the rice, and then pour the sauce over all and bake as directed at 325 for 60+ minutes. If this is done in the crock-pot, cook on high 4 hrs or low 5-6 hours.

Recipe from Allrecipes.com 3/9/2012

Cheryl's Fancy Pants Chicken

2 packages of THIN chicken breasts	1 envelop Lipton Recipe Secret's Savory Herb and Garlic
A few slices of prosciutto	½ cup white wine
A half bag of fresh spinach	¼ cup olive oil
1 8 oz. package of fresh sliced mushrooms	8 oz. shredded mozzarella cheese

Preheat oven to 375°. Spray a 9 x 13" pan with Pam. Put 2 layers of chicken in pan, cover with prosciutto, top with spinach, sprinkle with a little kosher salt and coarse black pepper, top with mushrooms. Whisk together olive oil, wine and savory herb envelope then pour over everything. Lay a piece of foil over (not tight). Bake for 30 minutes. Top with cheese and bake for 5 minutes more.

Chicken Asparagus Stroganoff

1 (10 oz.) can cream of chicken soup	1 cup chopped cooked chicken
¼ cup sour cream	¼ teaspoon rosemary
¼ cup milk	¼ cup shredded cheddar cheese
2 cups bite size pieces of lightly steamed asparagus	Cooked noodles or rice

Preheat oven to 350 degrees. Spray a 1-qt casserole dish lightly with nonstick cooking spray. Combine the cream of chicken soup, sour cream and milk. Pour half the soup mixture into the casserole dish. Layer the asparagus, chicken and rosemary over the mixture. Pour the remaining soup mixture over the chicken layer. Sprinkle with the cheese. Bake for 30 minutes. Serve over noodles or rice.
Yield 4 servings.

Chicken Tetrazzini

1 4-5 lb. hen*	3 celery ribs
5 peppercorns	1 carrot
1 small onion	

Cut up chicken and boil with peppercorns, onion, celery and carrot.
Remove chicken from broth and allow to cool. Strain broth and reserve.
After chicken has cooled, remove skin, de-bone and cut into bite sized pieces.
*or use leftover turkey

Cream Sauce

½ cup butter	½ pound Old English cheese
¾ cup flour	½ pound Cheddar cheese
1 qt. milk	

To make cream sauce melt butter in a large pot, add flour and stir to make a thick paste. Slowly add milk and continue cooking (and stirring) until mixture thickens
To make cheese sauce add grated Old English cheese and grated Cheddar Cheese to cream sauce, stirring until cheese melts.

1 large can mushrooms
1 onion, chopped
1 green pepper, chopped
1 lb. pkg. spaghetti
Bread crumbs (optional)
Drain mushrooms, reserving liquid.
Cook onion and green pepper tender in the mushroom liquid.
Boil spaghetti in the reserved chicken broth.
Drain spaghetti and mix all ingredients together.
Bake in large, greased casserole dish for 30-45 minutes at 325 degrees.
Top with bread crumbs the last 15 minutes (optional)

Chicken Noodle Soup Original Recipe Yield 6 servings

1 Tablespoon butter	1 ½ cup egg noodles
½ cup chopped onion	1 cup sliced carrots
½ cup chopped celery	½ teaspoon dried basil
4 (14.5 ounce) cans chicken broth	½ teaspoon dried oregano
1 (14.5 ounce) can vegetable broth	Salt and pepper to taste
½ pound chopped cooked chicken breast	

In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.

In a word, WONDERLICIOUS! I knocked this recipe out of the park on my first try. Here's what I did (and what you should do too): in melted butter, sauté 2 minced garlic cloves, 1 cup chopped onion, 1 cup chopped celery, and 1 cup sliced carrots. Meanwhile, chop ½ pound uncooked boneless, skinless chicken breast into bite-size pieces. Add chicken, the broth, basil, oregano, salt, garlic pepper, a dash or two of poultry seasoning, and a pinch or two of dried thyme to the pot of veggies. Bring to a boil, reduce heat, cover and simmer 20 minutes. Meanwhile, cook 3 cups egg noodles according to package directions in a separate pot. Add drained noodles to chicken and veggies, simmer an additional 10 minutes. Only if you want some creaminess, go ahead and add a half can of condensed cream of whatever soup (whatever flavor you choose). Voilà! A SIX-star chicken noodle soup!

Mom's Fabulous Chicken Pot Pie with Biscuit Crust

Prep Time: 30 Minutes Ready In: 1 Hour Cook Time: 20 Minutes Servings: 6 Ingredients

¼ cup butter	2 cups lower-sodium chicken broth
1 small onion, chopped	2/3 cup half-and-half cream
3 celery ribs chopped	Salt and ground black pepper to taste
3 carrots, chopped	3 cups cooked chicken, cut into bite-size pieces
2/3 cup frozen peas	1 (16.3 oz.) can refrigerated flaky-style biscuits
3 Tablespoons chopped fresh parsley	1 egg yolk, beaten
¼ teaspoon dried thyme	1 Tablespoon water
¼ cup all-purpose flour	

1. Preheat oven to 350 degrees F (175 degrees C).
2. Melt butter in a skillet over medium-low heat, and cook the onion, celery, and carrots until the celery and carrots are tender, about 15 minutes, stirring occasionally. Stir in peas, parsley, thyme and flour, and cook, stirring constantly, until the flour coats the vegetables and begins to fry, about 5 minutes. Whisk in chicken broth and half-and-half, and cook until the sauce is thick and bubbling. Season to taste with salt and black pepper, and mix in the chicken meat.
3. Transfer the chicken, vegetables, and sauce into a 2-quart baking dish. Arrange biscuits on top of the filling. In a small bowl, beat egg yolk with water; brush egg yolk on the biscuits.
4. Bake in the preheated oven until the biscuits are golden brown and the pie filling is bubbling, 20 to 25 minutes. Let rest 10 minutes before serving.

Nutrition Information Servings Per Recipe: 6 Calories: 577 * Total Fat: 31.2g * Cholesterol: 120mg
* Sodium: 1065mg * Total Carbs: 44.7g * Dietary Fiber: 3.5g * Protein: 27.1g

Chicken Pot Pie Soup Makes: 6 servings Prep: 35 mins Bake: 10 mins 450°

½ cup each chopped carrot and celery	1/3 cup chopped onion
2 cloves garlic, minced	1 tablespoon butter
2 cups chicken broth	2 cups chopped cooked chicken breast
2 cups dried medium egg noodles	½ teaspoon each seasoned salt, dry mustard, chili powder, and ground black pepper
¼ teaspoon curry powder	1 cup half-and-half or light cream
1 Tablespoon all-purpose flour	1 cup chopped fresh broccoli
1/3 cup frozen peas	1 recipe Quick Biscuits

In a large saucepan cook carrot, celery, onion, and garlic in hot butter about 5 minutes or until tender. Stir in broth, chicken, noodles, and seasonings. Bring mixture to boiling; reduce heat. Simmer, covered, 10 minutes or until noodles are tender. In a small bowl whisk together half-and-half and flour; add to pot. Add broccoli and peas. Simmer, uncovered, 5 minutes or until slightly thickened. Spoon into bowls; top with Quick Biscuits.

Quick Biscuits

2 cups all-purpose flour	4 teaspoons baking powder
4 teaspoons sugar	½ teaspoon cream of tartar
½ cup butter	2/3 cup milk

Preheat oven to 450 degrees F. In a bowl combine flour, baking powder, sugar, and cream of tartar. Cut in butter to make coarse crumbs. Make a well in center; add milk. Using a fork, stir just until moistened. On a lightly floured surface gently knead dough until it holds together. Pat into an 8-inch square. Cut into 12 rectangles; place 1-inch apart on an ungreased baking sheet. Bake for 10 to 12 minutes or until golden.

Brussels Sprout Slaw (Serves 6)

For Dressing:

1/4 cup olive oil	Whisk together oil, vinegar, honey, garlic, mustard, and salt in a large bowl until dressing is smooth.
2 Tablespoons white vinegar	
1 Tablespoon honey	
1 clove garlic, minced	
1 teaspoon brown mustard	
1/4 teaspoon salt	

For Salad

1 pound Brussels sprouts, shredded (about 5 cups)
1/2 cup dried cherries
1/2 cup slivered almonds
1/2 cup grated parmesan cheese
1/4 teaspoon salt
1/4 teaspoon black pepper

Add Brussels sprouts, cherries, almonds, and parmesan to bowl with dressing and toss to coat well. Sprinkle with salt and pepper and toss again

Per 3/4 c serving: 251 cal; 1 5.7 g fat; 6.6 g Pro; 23.5g Carb; 4.4 g Fiber; 311 mg Sodium; 6mg chol
Recipe from Allrecipes.com

Grilled Chicken and Spinach Salad with Spicy Pineapple Dressing Serves 4

1 pound skinless, boneless chicken breast	4 teaspoons apple cider vinegar
1 teaspoon chili powder	½ teaspoon minced habanero pepper
½ teaspoon salt	1 large garlic clove
Cooking spray	¼ cup extra-virgin olive oil
1 ¼ cups (1-inch) cubed fresh pineapple (about 8 ounces), divided	¾ cup julienne-cut peeled jicama
2 Tablespoons chopped fresh cilantro	2/3 cup thinly sliced red bell pepper
2 Tablespoons fresh orange juice	½ cup thinly sliced red onion
	1 (5 oz.) package fresh baby spinach (8 cups)

Preparation

1. Heat a grill pan over medium-high heat. Place chicken between 2 sheets of plastic wrap, and pound to an even thickness using a meat mallet or small heavy skillet. Sprinkle both sides of chicken evenly with chili powder and salt. Lightly coat chicken with cooking spray. Add chicken to pan; cook for 3 minutes on each side or until done. Remove from pan; set aside.
2. Combine half of pineapple, cilantro, orange juice, vinegar, habanero, and garlic in a blender; process until smooth. With blender on, gradually add olive oil until blended.
3. Combine remaining pineapple, jicama, and the remaining ingredients in a large bowl. Drizzle with ¾ cup dressing, and toss gently to coat. Divide salad evenly among 4 plates. Cut chicken across the grain into thin slices; divide chicken evenly over salads. Drizzle salads evenly with remaining ¼ cup dressing.

Nutrition analysis: Calories: 313, Fat: 15.2g (sat 2.3, mono 10.2, poly 1.8), Protein: 28 g, Carb: 16.8 g, Fiber: 4.3 g, Chol: 66 mg, Sodium: 444 mg

Sesame Chicken and Noodle Slaw

1/2 cup slivered almonds	1 Tablespoon sugar
2 tablespoons sesame seeds	¼ teaspoon black pepper
1/3 cup salad oil	6 cups shredded cabbage
3 Tablespoons vinegar	½ cup thinly sliced green onion
2 Tablespoons reduced-sodium soy sauce	1 ½ cups chopped cooked chicken
1 3-ounce package chicken-flavor ramen noodles	

1. Spread almonds and sesame seeds in a shallow baking pan. Bake at 300 degrees for about 10 minutes or until toasted.
2. Measure oil, vinegar, soy sauce, seasoning packet from ramen noodles, sugar, and pepper into a jar with a tight lid. Cover and shake well.
3. In a large bowl layer cabbage, chicken, green onions, and toasted nuts. Break noodles into small pieces. Sprinkle onto salad.
4. Add dressing; toss gently to coat. Cover and chill at least 30 minutes or up to 4 hours.

Makes 4 main-dish servings; 523 calories, 37 grams fat, 450 mg sodium, 28 gram carbohydrates, 6 gram fiber, 24 gram protein. *Recipe submitted by Royce Collins, MFV.*

Individual White Chicken Pizzas

Cook up as many pizzas as you want tonight and freeze the rest. The key to the deliciousness is to make fresh ricotta cheese as shown.

- 30 ounces refrigerated fresh pizza dough, divided
- ½ cup olive oil
- ¼ cup chopped fresh basil
- 1 teaspoon crushed red pepper
- 8 garlic cloves, crushed
- 4 thyme sprigs
- 4 cups 2% reduced-fat milk
- 1 cup plain fat-free Greek yogurt
- 4 teaspoons cider vinegar
- ½ teaspoon kosher salt
- 12 ounces shredded cooked chicken breast
- 6.5 ounces pre shredded reduced-fat 4-cheese Italian-blend cheese (about 1 2/3 cups)
- 3 ounces fresh part-skim mozzarella cheese, torn into small pieces
- 2 tablespoons fresh thyme leaves
- 1 ½ teaspoons freshly ground black pepper
- ½ cup small fresh basil leaves

Preparation

1. Place a pizza stone or heavy baking sheet in oven. Preheat oven to 450° (keep pizza stone or baking sheet in oven as it preheats).

2. Let pizza dough rest, covered, at room temperature as oven preheats.

3. Combine oil and next 4 ingredients (through thyme sprigs) in a small saucepan over medium heat. Cook 4 minutes or until garlic begins to brown, stirring frequently. Remove from heat; let stand 5 minutes. Strain mixture through a fine sieve over a small bowl; discard solids.

4. Combine milk, yogurt, and vinegar in a large microwave-safe bowl. Microwave at HIGH for 6 minutes. Gently stir to form small curds. Strain curds through a fine sieve; let stand 5 minutes. Discard liquid. Combine oil mixture, cheese curds, and salt, stirring gently.

5. Divide dough into 12 equal pieces (about 2.5 ounces each). Roll each piece into a 6-inch circle on a lightly floured surface (keep dough covered with a damp towel to prevent drying). Spread about 1 ½ tablespoons oil mixture over each pizza, leaving a ½-inch border. Divide chicken, Italian-blend cheese, and mozzarella cheese evenly among pizzas; sprinkle evenly with thyme leaves and black pepper. Carefully remove pizza stone from oven. Arrange 3 to 4 pizzas on pizza stone. Bake at 450° for 8 minutes or until dough is golden and cheese browns. Repeat procedure with remaining pizzas, or follow freezing instructions. Sprinkle pizzas evenly with fresh basil leaves.

TO FREEZE: Bake pizzas on preheated stone for only 5 minutes. Cool; wrap individually in heavy-duty foil, stack, and freeze up to 2 months.

TO REHEAT: No thawing: Place frozen pizzas on a baking sheet that's not preheated; bake at 450° for 13 minutes or until cheese browns.

Celebration Cake

1 box yellow cake mix
1 small can mandarin oranges (undrained)
1 egg
1/3 cup applesauce

8 oz. Container cool whip
1 small can crushed pineapple
1 small box sugar-free vanilla pudding OR
French vanilla pudding

Mix together the cake mix, mandarin oranges, egg, and applesauce.

Pour into a greased 9x13 pan.

Bake for 30 minutes at 350 degrees. Let cool.

Mix together the pineapple and pudding. Fold in the whipped topping. Top the cooled cake with the pudding mixture.

Keep refrigerated until ready to serve.

Super Good Brownies

1 cup (1/2 lb.) oleo
Melt together oleo and cocoa in microwave. Set aside to cool.

4 heaping Tablespoons cocoa

4 eggs, beaten lightly
2 cups sugar
1 cup flour

1 teaspoon baking powder
2 teaspoon vanilla
2 cups nuts, if desired

Mix above ingredients together. Add cocoa mixture and mix until well blended. Bake in 9x13 pan (may be baked in 9x9 pan for thicker brownies) at 350 degrees for 30 minutes (test with toothpick).

Recipe from Ann Detwiler, MFV (Old recipe from KC Star)

Makeover Lemon Pound Cake Prep: 20 min. Bake: 50 min. + cooling One loaf (16 slices)

1/4 cup butter, softened
3/4 cup sugar
3 large eggs
2 Tbsp. canola oil
2 Tbsp. lemon juice
2 tsp. grated lemon peel
1 tsp. vanilla extract
2 Tbsp. poppy seeds, optional

1 ½ cups all-purpose flour
2 ½ teaspoons baking powder
1 teaspoon salt
1 cup fat-free vanilla Greek yogurt
(recipe use Chobani Fat Free Greek Yogurt)

Preheat oven to 350 F. Coat a 9x5-in. loaf pan with cooking spray

In a bowl, beat butter and sugar until crumbly.

Add eggs, one at a time, beating after each addition.

Beat in oil, juice, peel, vanilla and, if desired, poppy seeds.

In another bowl, whisk flour, baking powder and salt; add to creamed mixture alternately with yogurt, beating just until combined.

Transfer to prepared pan. Bake 50-60 min. or until toothpick inserted in center comes out clean.

Cool in pan 10 min; remove to wire rack and cool completely

Per Slice: 145 cal., 6 g fat (2g sat. fat), 43 mg cool. 253 mg sodium, 20 g carb., trace fiber, 4 g pro. Diabetic

Exchanges: 1 starch, 1 fat

GO FOR THE YO^o WHIP UP LIGHT, MOIST BAKED GOODS BY REPLACING HALF THE BUTTER WITH HALF AS MUCH GREEK YOGURT (1 cup butter = 1/2 cup butter and 1/4 cup yogurt)